

Growing Healthy Families

NEWPORT DISTRICT OFFICE • Vermont Department of Health, WIC Program
100 Main Street, Suite 220, Newport, VT 05855 • 1-802-334-6707 or 1-800-952-2945

Breastfeeding: Preparing for birth and the first ten days

Mondays

September 14
1:00–2:00 p.m.

October 12
11:00 a.m.–Noon

November 9
1:00–2:00 p.m.

**Emory Hebard State Office
Building
100 Main Street, Suite 220
Newport**

Even though breastfeeding is normal and natural, mothers and babies have to learn to breastfeed together. Join other pregnant women like you to learn about hospital practices that support breastfeeding, and about signs that breastfeeding is going well. Dad and grandparents are welcome too!

For more information, contact
Chantale Nadeau, MS, IBCLC, WIC
Breastfeeding Designee at
802-334-6707 or by email
Chantale.nadeau@Vermont.gov.

Secrets of baby's behavior

Babies are born with the ability to communicate. Babies use their bodies and make noises to let their parents and caregivers know when they need to eat, learn, play or rest. These are called cues. Understanding your baby better can help you feel less stressed and more confident. We will talk about hunger cues, infant sleep patterns and reasons for crying. We will also help you find solutions to common concerns. Join other families to learn more. Classes are ongoing. Call for times that work for your schedule.

For more information contact:
Chantale Nadeau, MS, IBCLC,
WIC Nutritionist, 802-334-6707 or
Chantale.nadeau@Vermont.gov.

**All activities are FREE
of charge!**



FIT WIC FUN AND GAMES PAGE

Rhythm and movement come naturally to most children. When you combine some movement activities to music children have a chance to feel good about moving their bodies.

Kids love to wave things in the air. Your kids can have fun with a wavy wand that they make from items you have around the house. Here's an activity you can do with your child.

Wavy Wands

Equipment: CD of active children's music and CD player. One wavy wand for each child and adult.

To make a wavy wand: securely tie several 4 foot lengths of multi-colored ribbon to wooden cooking spoons, one foot rulers, paint stirrers or paper towel tubes.

Procedure: Before moving their wands in a pattern to music, let your child experiment with just moving them for a few minutes. Slowly teach the movements below without music. Give them plenty of time to practice! Next, have your child try moving their wands to music with you guiding them in the movements. *The Wheels on the Bus*, *She'll be Comin' Round the Mountain*, or *The Ants Go Marching* make good tunes to do this kind of activity to.

- wipers
- fishing
- snakes
- circles
- zigzag down
- flags
- floor sweeps

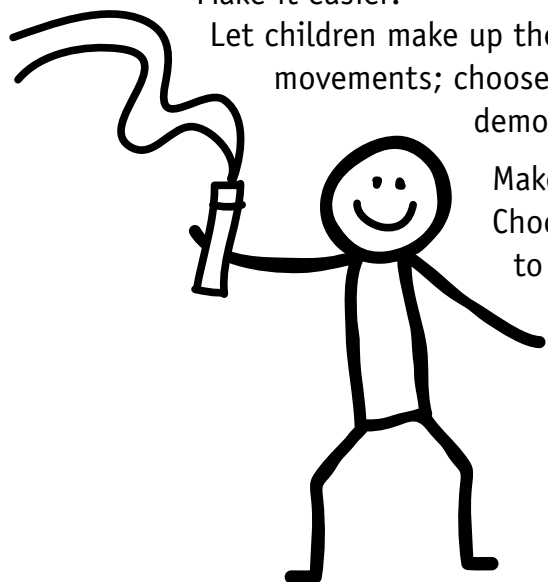
Adjusting to your child's skill level:

Make it easier:

Let children make up their own sequences of movements; choose shorter songs and demonstrate fewer movements

Make it harder:

Choose longer songs and try to do a series of movements over and over



circles



zig zags



figure 8's



waves

